

# New Moon in Pisces Ritual: Embracing Renewal and Rebirth

*A gentle, intuitive practice for the New Moon in Pisces on March 18, 2026 (exact time around 9:23 PM ET). This ritual honors Pisces' watery, compassionate energy while celebrating spring's themes of renewal, release, and fresh beginnings—just before the spring equinox on March 20, when nature begins to awaken.*

## What Is a New Moon?

*A New Moon occurs when the Moon aligns between the Earth and Sun, appearing invisible in the sky. Astrologically, it's a powerful time for new beginnings: setting intentions, planting "seeds" for what you want to grow, and reflecting inward. New Moons happen monthly in different zodiac signs, each bringing its unique flavor.*

## This Particular New Moon in Pisces – Why It Matters

*This New Moon falls in late Pisces (around 28°), the dreamy, empathetic final sign of the zodiac. Pisces energy invites deep intuition, healing, creativity, compassion, and spiritual connection—while encouraging us to release illusions, old emotional baggage, or anything that no longer flows with our true path.*

*Happening right before the spring equinox (March 20, 2026), it beautifully ties into themes of renewal and rebirth: Pisces closes the zodiac cycle (like winter ending), clearing space for spring's fresh growth—think thawing rivers, blooming flowers, and renewed hope. Following an eclipse portal, this lunation offers profound closure, emotional healing, and faith-based manifesting. It's a soft, nurturing moment to surrender the old and invite spiritual alignment, creativity, and personal transformation as the astrological new year begins.*

# Preparing for the Ritual

## Tools Needed (Optional—Nothing is Required):

To enhance the experience, consider:

- A candle (white or blue for Pisces energy) to symbolize illumination and new beginnings.
- A journal and pen for reflection.
- Soft, ambient music (e.g., ocean waves, gentle chimes, or meditative tracks) to create a serene atmosphere.
- A crystal like aquamarine (Pisces' stone, promoting emotional clarity and flow) or moonstone (for intuition and new cycles). Hold it during the ritual or place it nearby.

Set the mood by dimming lights, lighting your candle if using one, and playing soft music. Find a quiet, comfortable space where you won't be disturbed.

(Preparation time: ~2-3 minutes.)

## The Ritual

Follow these steps in sequence. Timings are approximate to keep the total at 30-40 minutes.

### 1. Opening Breathwork: Ocean Breathing (15 Rounds, ~5 Minutes)

Begin by settling into a comfortable seated position, closing your eyes if it feels right. We'll start with box breathing to center and ground ourselves, clearing the mind for intention-setting.

- Inhale deeply through your nose while expanding in sequence the chest then the belly
- Exhale while softening the chest then the belly

The movement is supposed to mimic a wave in the body.

Repeat for 15 rounds, or until you feel calm and present. Notice how this rhythmic breathing mimics the ocean's waves, aligning with Pisces' watery energy.

### 2. Intention-Setting Mantra (Repeat for ~3-5 Minutes)

With your breath steady, bring to mind the "seeds" you wish to plant—your desires for growth, happiness, and dreams. Repeat the following mantra silently or aloud, 10-20 times, or until it resonates deeply:

"I plant the seeds of my deepest desires in fertile soil, trusting the universe to nurture them into blooming abundance."

*Feel the words infuse your intentions with Pisces' compassionate, imaginative energy, tying into spring's promise of renewal.*

### **3. Journaling Reflection (4 Questions, ~10-15 Minutes)**

*Grab your journal and pen. Respond to these questions thoughtfully, allowing free-flow writing. Focus on what you're ready to manifest, drawing from the New Moon's themes of intuition and spring's growth.*

- 1. What old patterns or emotions am I ready to release, like winter shedding its frost, to make space for new growth?*
- 2. What "seeds" (intentions or dreams) do I want to plant now, and how do they align with my heart's true desires?*
- 3. How can I cultivate these seeds daily—through actions, thoughts, or support—to help them blossom into joy?*
- 4. What signs from the universe or my intuition will confirm that my manifestations are taking root?*

*Take your time; there's no rush.*

### **4. Body Check-In ( ~3-5 Minutes)**

*Gently shift focus to your body. Starting from your toes and moving up to the crown of your head, scan for any tension, sensations, or emotions. Acknowledge them without judgment—perhaps they're messages about what needs nurturing. Breathe into any tight areas, visualizing them softening like earth warming in spring. This check-in grounds your manifestations in your physical being.*

### **5. Closing Breathwork: Box Breathing (4-6 Rounds, ~2-3 Minutes)**

*Return to box breathing, this time with shorter counts to integrate and seal the energy:*

- Inhale for 4.*
- Hold for 4.*
- Exhale for 4.*
- Hold for 4.*

*Repeat 4-6 rounds, feeling your intentions anchored.*

## 6. Closing Mantra ( ~2-3 Minutes)

End with this affirming mantra:

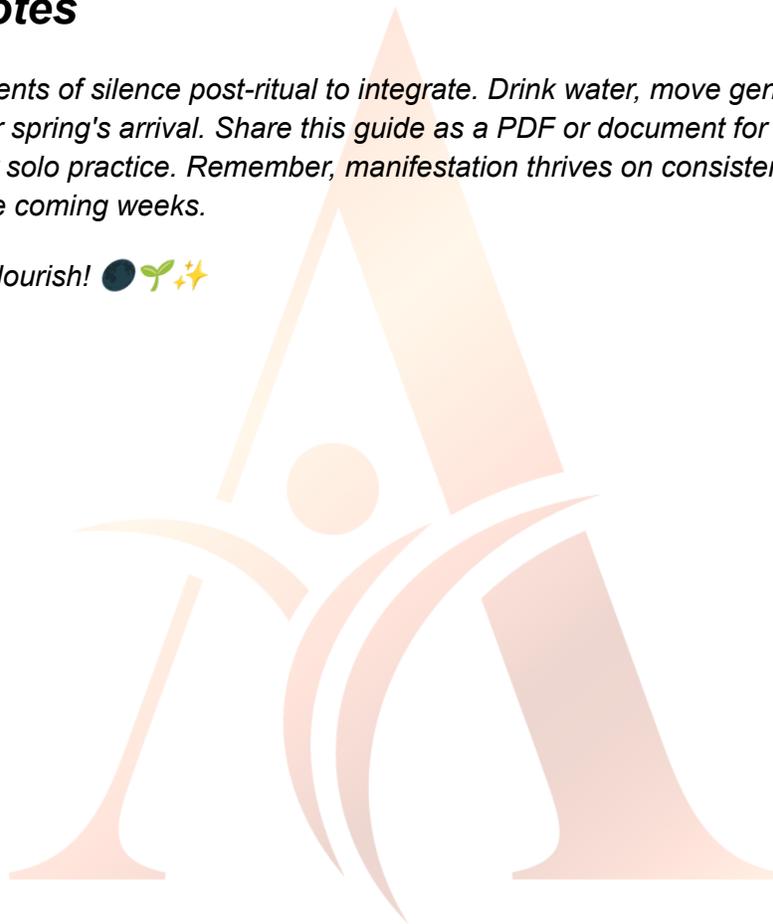
*"As spring awakens the earth, my dreams awaken within me—rooted, growing, and fulfilled."*

*Blow out your candle if lit, or simply express gratitude to the universe.*

## Closing Notes

*Allow a few moments of silence post-ritual to integrate. Drink water, move gently, or spend time in nature to honor spring's arrival. Share this guide as a PDF or document for others—it's self-contained for solo practice. Remember, manifestation thrives on consistent nurturing; revisit your journal in the coming weeks.*

*May your seeds flourish!* 🌱🌟



# Want Support Turning Intention Into Reality?

If you are serious about turning your deepest intentions into real change and breaking free from what's held you back, I'm here to guide you.

This is for women who are done settling and ready to own the life they deserve.

If you feel the pull, schedule a discovery call with me. You don't have to do this alone.



Light and love,  
Andy

